








NOVEMBER 2015

Naval Hospital Bremerton Wellness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Yoga: 3:30-4:30pm Healthy Steps: 4:30-5:30pm	3 Pilates: 11:30-12:30pm Healthy Shopping: (Bangor Commissary) 4-6pm Bariatric Support: 6pm	4 Prenatal Nutrition: 9-10am Gestational Diabetes: 10-11am Heart Healthy Living: 1-3pm Childbirth Class: 3:30-6pm	5 Pilates: 11:30am-12:30pm Diabetes Essentials: 4-7pm	6 Intro to Nutrition: 1-3 pm
9 Diabetes Updates: 12:30-2:00pm (Guest Speaker) Yoga: 3:30-4:30pm Healthy Steps: 4:30-5:30pm	10 Pilates: 11:30am-12:30pm Healthy Habits: 1-3pm	11 VETERANS DAY 	12 Pilates: 11:30am-12:30pm Carb Counting: 1-3pm Baby Basics Part 1: 4-6pm	13 
16 Yoga: 3:30-4:30 Healthy Steps: 4:30-5:30pm	17 Pilates: 11:30am-12:30pm Bariatric Support: 3:30pm Fitness Planning: (Bremerton Gym) 4-6pm	18 Gestational Diabetes: 10-11am Meal Planning/Recipe Makeovers: 1-3pm Childbirth Class: 3:30-6pm	19 Pilates: 11:30am-12:30pm Diabetes Prevention: 1-3pm Baby Basics Part 2: 4-6pm	20 Intro to Nutrition: 9-11am <div>NOTE: November 21st (Saturday) Childbirth Class: 9:30am-4:00pm</div>
23 Yoga: 3:30-4:30 Healthy Steps: 4:30-5:30pm	24 Pilates: 11:30am-12:30pm Cancer Support: 5:00pm	25 Gestational Diabetes: 10-11am Childbirth Class: 3:30-6pm	26 THANKSGIVING 	27
30 Yoga: 3:30-4:30 Healthy Steps: 4:30-5:30pm	<div>  <div> Tobacco Free Living Month The Ucanquit2 website, https://ucanquit2.org/ is an amazing resource for information to quit tobacco. There are videos, games, messaging programs, online quit program, savings calculator and more! </div>  </div>			

For appointments, call TRAC at (800) 404-4506
 For information, call (360) 475-4541 or
 Email: nhb.healthpromotion@med.navy.mil

Building a healthy life, one habit at a time.

Naval Hospital Bremerton website is available at :
www.med.navy.mil/sites/nhbrem



NHB Health Promotion and Wellness